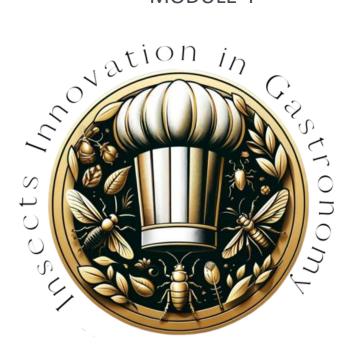




# Insects Innovation in Gastronomy

#### **MODULE 4**



#### Module 4:

Creativity in Gastronomy for the Inclusion of Insects in Modern Gastronomy

#### Disclaimer:

This project is co-funded with the support of the European Union.

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# Module 4: Creativity in Gastronomy for the Inclusion of Insects in Modern Gastronomy

#### **Unit 1: Entry of insects into kitchens**

- **Objectives**: Introduction to the value of insect-based products and their place in the daily diet
- Content:
  - 1. The world's new sources of protein
  - 2. The place of insects in our kitchen
  - 3. Insect product innovation for different cuisines
- Materials: Video introducing the module and insect-based products

#### Unit 2: Insect products in the athlete's kitchen

- **Objectives**: Explanation of how insect-based products can be used in sports nutrition and the world protein balance.
- Content:
  - 1. Meeting protein needs of athletes from insect products.
  - 2. Insect entagration into athlete food and beverages.
  - 3. The world's protein balance.
- **Materials** Animated videos and examples of highly nutritious drinks, pizzas, etc. that athletes can quickly prepare.

### Unit 3: Insect products in our home kitchens

- Objectives: Practical tips on how to overcome prejudices and use insect-based products in home cooking.
- Content:
  - 1. Different forms of insect products.
  - 2. Actions for family members.
  - 3. Inclusion of insect products in daily meals.
- Materials: A video on the preparation and recipes of highly nutritious, practical and quick-to-make foods and drinks that can be prepared quickly at home.

## Unit 4: The use of insect products in disaster situations

- **Objectives**: How insect-based products can be used in disasters such as earthquakes, floods, fires, etc. and the advantages they have.
- Content:
  - 1. What kind of food is needed in disaster situations?
  - 2. How can insect products play an important role in disaster conditions?





- 3. Foods that are easier to prepare including insect products.
- **Materials**: Materials: A video explaining what kind of food can be prepared in case of a disaster and the advantages of such food in terms of storage, nutrition, transportation, etc.

#### Unit 5: Insects in the geriatric kitchen

- **Objectives**: How insect-based products can be used in elderly diets and their advantages for elderly metabolism.
- Content:
  - 1. Advantages of insect products for the elderly.
  - 2. Can insects cope with the nutritional needs of the elderly.
  - 3. To create different flavours that the elderly can eat with insect products.
- **Materials**: Preparation of easy-to-digest, easy-to-consume, easy-to-prepare foods such as beverages, snacks, breads, soups with insect-based products that can be prepared in accordance with the constitution of elderly people.